

STRESS SCALE

NAME: _____

DATE: _____

In the following table, you can look up respective changes in your life and see how much stress value each of these changes adds to your life. **CIRCLE ANY OF THEM THAT YOU MAY HAVE EXPERIENCED IN THE LAST TWELVE MONTHS**, and then **total** your score.

STRESSOR	EVENT VALUES
1. DEATH OF SPOUSE	100
2. DIVORCE	60
3. MENOPAUSE	60
4. SEPARATION FROM LIVING PARTNER	60
5. JAIL TERM OR PROBATION	60
6. DEATH OF CLOSE FAMILY MEMBER OTHER THAN SPOUSE	60
7. SERIOUS PERSONAL INJURY OR ILLNESS	45
8. MARRIAGE OR ESTABLISHING LIFE PARTNERSHIP	45
9. FIRED FROM WORK	45
10. MARITAL OR RELATIONSHIP RECONCILIATION	40
11. RETIREMENT	40
12. CHANGE IN HEALTH OF IMMEDIATE FAMILY MEMBER	40
13. WORK MORE THAN 40 HOURS PER WEEK	35
14. PREGNANCY OR CAUSING PREGNANCY	35
15. SEXUAL DIFFICULTIES	35
16. GAIN OF NEW FAMILY MEMBER	35
17. BUSINESS OR WORK ROLE CHANGE	35
18. CHANGE IN FINANCIAL STATUS	35
19. DEATH OF A CLOSE FRIEND (Not a family member)	30
20. CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE OR LIFE PARTNER	30
21. MORTGAGE OR LOAN FOR A MAJOR PURCHASE	25
22. FORECLOSURE OF MORTGAGE OR LOAN	25
23. SLEEP LESS THAN 8 HOURS PER NIGHT	25
24. CHANGE IN RESPONSIBILITIES AT WORK	25
25. TROUBLE WITH IN-LAWS, OR WITH CHILDREN	25
26. OUTSTANDING PERSONAL ACHIEVEMENT	25
27. SPOUSE BEGINS OR STOPS WORKING	20
28. BEGINNING OR ENDING SCHOOL	20
29. CHANGE IN LIVING CONDITIONS (Visitors in the home, change in roommates remodeling the home)	20
30. CHANGE IN PERSONAL HABITS (Diet, exercise, smoking, etc.)	20
31. CHRONIC ALLERGIES	20
32. TROUBLE WITH BOSS	20
33. CHANGE IN WORK HOURS OR CONDITIONS	15
34. MOVING TO NEW RESIDENCE	15
35. PRESENTLY IN PRE-MENSTRUAL PERIOD	15
36. CHANGE IN SCHOOLS	15
37. CHANGE IN RELIGIOUS ACTIVITIES	15
38. CHANGE IN SOCIAL ACTIVITIES (More or less than before)	15
39. MINOR FINANCIAL LOAN	10
40. CHANGE IN FREQUENCY OF FAMILY GET-TOGETHERS	10
41. VACATION	10
42. PRESENTLY IN WINTER HOLIDAY SEASON	10
43. MINOR VIOLATION OF THE LAW	5

Total Score _____